

ABSTRACT

Title: Subjective evaluation of the effect of massage therapy and local therapy for volleyball players.

Objective: The aim of this study is to compare the effect of two different methods of regeneration of the subjective sense of the examined subjects.

Methods: This pilot study has qualitative character research based on crossover design. Measuring effects on muscle regeneration was performed by subjective visual analogue scale.

Results: Results didn't support the massage, compared with the cold therapy as a more effective means of regeneration to reduce the perception of discomfort.

Key words: Sports massage, cold therapy, muscle soreness, effects of massage.